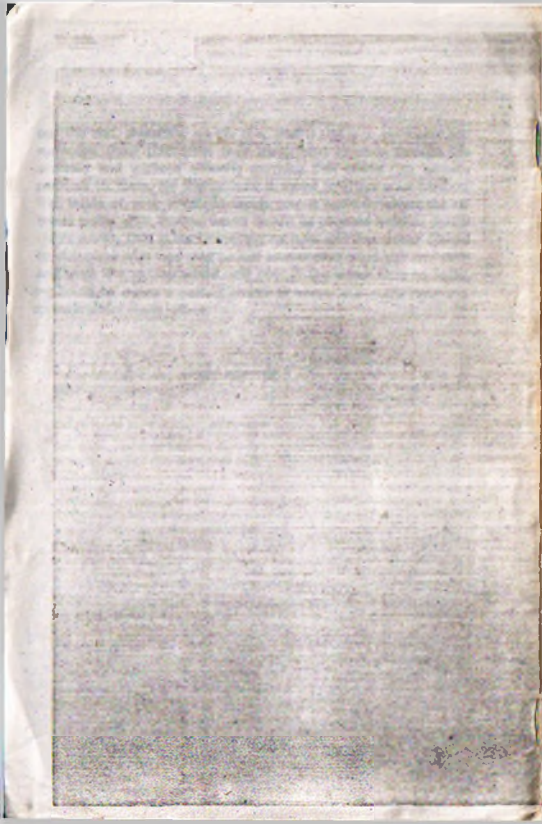


# MATERIAL IN HARMONY



and  
HOW TO  
OVER-  
COME IT  
*by*  
DR. DOREAL



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HARMONY

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HOW TO  
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DR. J. H. HARRIS

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## MATERIAL IN HARMONY

### AND HOW TO

### OVERCOME IT

By  
Doreal

I know that material conditions in our lives, conditions of inharmony in our environment, most certainly react upon our spiritual unfoldment or development. It is an absolute fact that unless man can be freed from worries, from fears, from physical pains, that he cannot put the full force of his attention or concentration upon the attainment of the spiritual ideal or goal. For that reason I think it a very important thing that we learn how to control the conditions of life in which we find ourselves because the true development means development and balance on the three planes of man's being, the physical or material plane, the mental plane and spiritual plane. One cannot be said to be perfectly developed unless they have mastered all of the three planes upon which they function.

Material inharmony, coming to us in our material life, is a great hindrance and obstacle to our attainment. When I say, that it is a great obstacle to our attainment, I mean literally and troubles that are arising in their everyday life, is going to be able to control the conditions of the spiritual plane, much less, those of the material plane.

I want to speak to you especially about certain of the faults that we all have, faults that act as barriers to material harmony in our lives. I have had a lot of experience with personal problems. I expect, altogether, I have found, without exception, that those problems arose because of some fault in their manner of thinking or living.



It is very seldom that anyone has not come to me with a personal problem that they did not believe was the fault of someone else. That is one of our greatest troubles. We always think that the other person is the cause of our condition or trouble when, as a matter of fact, no inharmony or condition can appear in our lives unless we ourselves create a condition which is harmonious to its development. Therefore, if there is a condition of inharmony in our lives we have to bear at least half of the blame for it. Just remember that if you had not set up a cause, the effect could not have come to you.

There is another thing however about that has a very important bearing upon conditions in our lives. That is, when we accept any person or persons into our personal life, the causes set up by that person are going to affect us in some degree, because of our acceptance of that person into our personal life, so we do not say that all the blame for any condition lies in any one person. It is a combination of a number of factors. However, we can create conditions in our own mind or thoughts, in our own lives which will help to eliminate the conditions which we find negative or inharmonious.

There is another thing that enters into that. That is the matter of free will. Often a person will come to me and say, "Doreal, my husband or my son drinks too much, and they are making themselves miserable and everyone around them. Will you not stop them from drinking". Doreal cannot stop them from drinking, unless that person comes to me themselves miserable and everyone around them. If we do have such a condition in our life, let us say a drunkard in our family, we have to understand that part of the blame for that is in ourselves, because we are helping to maintain or hold a condition of inharmony which brings that condition into a focal point in our life.

I had one lady come to me some years ago. Her husband had been drinking a great deal and she wanted help, and I asked her to get him to come and talk to me as he wanted to stop. He came to see me and I had a long talk with him and he told me how he had fallen into the habit of getting irritated and drinking too much. He would stop on his way home from work, and take one drink and come home and he would have the smell of liquor on his breath

and then get hell from his wife and family. The members of his family had given him up as a hopeless drunk and they were constantly talking about it and expressing it until, they created a condition harmonious to the condition in his life and, because their causes were all blended, the condition continued.

My cure for that was simple. That was to get every member of the family to absolutely ignore it in their own consciousness and go on as if nothing had happened. In a month's time he quit drinking because there was no longer a maintenance of that condition in his surroundings. As a matter of fact, it was not his fault, but the fault of his family.

We know that in the life of the average person there is a mixture of good and bad occurrences. Fortunately, they finally will balance each other in the life of the average individual. Otherwise, we would have a very hard time, when as a matter of fact, the average person is able to pass through life with only a few outstanding negative happenings that come only at intervals.

There is one thing that we have to understand and that is that nothing comes into our life unless there is a cause set up. Many times that cause is not a direct one. That is, the person does not have to commit a certain act to get a certain result or effect in their life. It may be the combination of many minor things or continuance of improper thinking and acting.

One of my Gurus in the East once said to me, that it is said, that 'as a man thinketh, so is he'. That is not entirely true. It is not 'as a man thinketh' but as a man accepts thoughts that pass through his mind that he becomes that which he thinks. By that, we mean this: that if a person is of a nature where they bring into their mind constant inharmonious and negative thoughts and dwell on them, that they have accepted those thoughts and they become conscious of them, they become as real as if we went out and did something with our physical hands or body.

In speaking of that there is just one little fault that is quite common to most of us, myself included. That is, that little fault of gossip. But the trouble with our gossip is that it is not constructive. We usually gossip about the bad things that we hear about



people. How can they affect our life? Do you not realize that every time you accept or express a negative thought about someone else that you have created the potentiality of a like condition, happening in your own life? It is all of these little things that create a vibration of inharmony, that keep our life in a constant condition of inharmony. You accept the consciousness of a negative happening or thing, therefore, as you thought, it became. It was in your mind and it became associated with you. Perhaps exactly the same thing you had talked about never happening to you but some other negative thing is brought on because there has been an inharmonious vibration or thought accepted into your mind. In other words, like attracts, like.

That is one reason the great teachers of the East have always said that it is not enough to keep an outward face of love and kindness but that we must literally dwell upon the consciousness of those things in our inner self all the time, that we must reject and refuse to accept negative consciousness and negative things which come to us in life originate, not from acts on our part, but from thoughts and words which we have had and said about other persons and their negative happenings.

Another one of the great faults that help to create a condition of inharmony in our life is a condition quite common to mankind and to metaphysical students. That is, the consciousness of intolerance. How many people are really tolerant? We set up a fixed standard of values and because we have accepted them in our own minds, every person who does not is violating divine law and committing sin and we become very orthodox in our ideas and views.

I believe, in fact I know, that there is a certain fixed period between incarnations, but I know that there are many hundreds of thousands of persons in the world that believe in something entirely different. There are other persons that do not believe in it. Because they not believe in it and I do, does not mean that I must be intolerant of them and say they are absolutely wrong, they are doomed because they are in that condition. I have to be tolerant of their belief, realizing that the things which each person believes and does is according to their own lack, or according to their own understanding.

Too often, our intolerance causes us to pass judgment when we do not know all the factors or conditions that have entered into a thing. That is one of the very commonest of our failings; we jump to conclusions. We hear something and immediately we accept that in a negative sense. We do not know why a thing is. Just to give you an instance: quite some Brotherhood Work was dismissed—no one could understand why. They had been such a good talker and was such a wonderful person. A lot of people, who knew the person, condemned me for it. Actually, that person had embezzled money and had been given a second opportunity and had not changed their consciousness and so were dismissed until such time as they changed their consciousness. It was neither up to me to gossip about it or condemn them, but I had to separate myself from walking the same path they did until such time as they could walk a path in my own consciousness. Too often we would condemn the person, we would say that person is a thief. Not at all, because no person really is. After all, we came not steal anything. How can any person really commit a sin if all things which exist are a part of God? How can one person take a part of God which is theirs? If in their consciousness they were conscious of violating laws that had been accepted as a standard, they would never advance or develop until there was a change in their own consciousness.

I said, a moment ago, that intolerance was one of the great faults. It is so often I have heard some person belonging to some religious sect, say, "we are right and everybody else is going to Hell" because they do not believe as we do". I do not believe that if everyone does not believe as I do that they are not going to advance or develop or unfold, because there are many paths to God. We may find God in any direction that we turn. It depends entirely upon ourselves.

I am going to tell a little story that I have told before. It is a true story told me by a friend of mine who lived in Alabama and who knew the parties concerned. In a little town in Alabama, quite well-named Reform, Alabama, there was a Methodist minister came to town and started a tent meeting and this minister went out to the farms and invited all of the farmers to come to the services. Driving along the road he saw an old negro man, Sam Smith, so he stopped his car and walked over to where the old negro man was plowing and invited him to come into town to the meeting and the old negro man said, "I always attend meetings, I will be there." The minister said, "By the way Sam, what denomination, do you be-

long to?" Sam looked at him and said, "Well sir, I will tell you, I raise corn on my little patch of ground. There are three roads into town with my corn, the corn buyer does not say, 'Sam, what road did you come by?' I think that is very true of our path to the Divine. It is not the path, it is what we do and accomplish on that path, because all roads lead to God. The ancients once said, 'all roads lead to Rome'. All roads lead to God. It does not make any difference whether a person is born a Mohammedan, Buddhist or Christian, if they truly seek God with all their mind and heart, they will surely find God, because God is everywhere and there is nothing that exists that does not have God in it.

One of the common things that causes inharmony in our life is jealousy. Most of us are very badly afflicted with that disease. Every person is sick who is not absolutely harmonious in relationship with God. All inharmony is sickness of the soul.

So often, we will find a person jealous of what another has accomplished. Not long ago, I was walking along the street and heard two men talking. I heard one man say, "I am glad Mr. Roosevelt has passed a law that no man can make \$25,000 a year. That is too much money for one person." As a matter of fact, that man was jealous, nothing in the world but jealousy. He did not make it; why should somebody else?

The same thing we find true in our everyday life. Some lady will say, "Mrs. Jones had a new hat and spring outfit. She's always getting new things". Then probably the old man catches hell until he digs down. That is all right, but still, it is the motive and consciousness which we arouse in ourselves which is one of inharmony and negation and we find it quite common in metaphysical students.

Not long ago, some person came to me and said "I have been in the Brotherhood a long time and have not gained conscious astral projection and another one has been in three months, and gained it. I do not see why they should have it and I do not." It was the consciousness which they had that hindered their development. Our development depends upon whether we create a condition of harmony for the manifestation of things.

Jealousy has no part in divine, because do you not realize this: that when you are jealous of another person or their accomplishments, that you are actually jealous of God's bounty to that person. You are actually saying, "God, I know you are great but I do not like the way you are giving this to someone else and not to me". God says, "if you do not like the way I am acting I will stay away from "you".

I knew an old farmer in Oklahoma, that old farmer had no education whatsoever, but give him a problem and he would solve it just like that and they asked him how he solved it and he said, "I do not know, I only use common horse sense". The things we do in life may seem small to us but in the aggregate they help to create conditions which surround us in life and we wonder why we are not able to overcome obstacles.

Another thing that is very much related to jealousy is hate. Most of us have hate in a greater or lesser degree for some person or thing. It has even become a common expression: "I hate that" and everyone uses it and when they do they usually mean it. I have known thousands of persons who were very, very seriously ill for no other person in the world than the hate they had allowed to rankle within themselves. They might hate the environment they are in, not realizing that by the very hatred of that environment that they create a condition that holds them in that environment. Sometime ago, a lady came to me and told me about a house that she purchased, she had had to sell her nice place and buy a smaller place. It was not what she once had and she said "I hate that house. I cannot help it, I just hate it". I said "well what good does that do" and she said, "I know it is wrong, but I still hate that place and I want to sell it. I want to get another place", and I said, "You had better quit hating that house or you will never get rid of it". About three weeks later, her husband called me up on the phone and said, "My wife is in the hospital very badly injured." She was sitting on the railing of the veranda on the second floor and the railing gave way and she fell down and broke several ribs and the collar bone and is in a terrible condition". She had hated that house until she had infused it with her hate and it hated her back. That house literally became an entity that tried to kill her, but was it the house? No. It was her own hate that became an actual entity and was infused with life by her own creative power. When I went to see her in the hospital I told her so and she said, "just before I

fell I felt like a web of hate had me and I fell and did not know any more."

Do you not know that a condition like that is what gives rise to the stories of haunted houses, some focalization that a person has had for a house or person in it. I said, instead of hating that house just begin to love it." She did and by the time she got out of the hospital her husband had sold it. That was an environmental condition that was maintained and she was held to that house by her hatred for it. Do you not realize that a lot of times you will have some condition in your environment that you will hate so much that you cannot get rid of it.

That is the reason teachers say, you have to release things if you desire to eliminate them. When we use that word "release" most people do not understand just what it means. It means, an inner obliteration of it from our consciousness.

You know, a lot of time, we have inharmony in our lives because we dwell on that condition too much. Some little thing will happen; we will take it into ourselves and we will feed it because, after all, as the great wisdom teachers of the East say, "nothing can exist relative to the soul unless that soul gives power to its continued existence", and where there is some condition in your life and we become immersed in it, it becomes a part of our nature, filled with our creative power.

It is an absolutely true fact that if any condition of inharmony comes into our lives, if we would look at it and adopt an absolutely impersonal attitude towards it and say, "what difference does it make", and separate from it, it will fade away and adopt that absolute impersonal attitude towards things, inside of a week's time all inharmonious conditions would vanish, but the trouble is that we personalize everything in relationship to us. We attach ourselves to it; we make it a part of our lives and hold to it.

That is just like the lady whose sister was sending negative vibrations against her and was trying to kill her with negative thoughts. The sister thought she was doing the same thing to her and each of them was killing them selves by their own negative thoughts.

So true that if we will create in our consciousness an absolutely

harmonious realization of things and if we will rise above them by realizing that there is nothing which exists in the universe that is permanent, that it is all impermanent and makes no differences because in the end it will dissolve itself back into Maya, illusion, from which it sprang, we would have little trouble in life. It is an absolute fact that there is no permanent thing in our lives.

I have a little mental trick that I use in relationship to any disturbing or inharmonious occurrence that might arise in my life. Naturally, dealing with thousands of people as I do they are bound to bring me negative problems but my attitude is something like this: here is something that appears negative. Shall I immerse myself in it? Then the thought comes to me, here is this thing which is confronting you today. It seems big. Now, it seems powerful. It seems like something that has to be fought, that has to be eliminated, but shall I do that? Then, I say, 'if I worry about that now, will I not make it stronger and if I refuse to accept it as a negative condition, what power will it have over my life? Then I think in this manner: I try to think back. We will say today is the 14th day March, 1943 and I try to remember February 14th, 1934. Can you remember what happened to you in February 1934? I cannot. I cannot even tell you what town I was in at that time. I am quite certain at that time I had worries and problems confronting me but after ten years I have forgotten all about it, and in ten years from now today's problems will also be forgotten, so why worry about it today. Is it not the value and the time element, the newness that we put into them, that gives them power over us? After all, the reason that these things manifests in our lives and continue to have power over us is because we give power to them. Everytime there is a negative condition which comes into our life and we worry about it we refuse to worry about it and ignore it, it goes away because nothing can come to us unless we have created a fertile resting ground for it.

We know that the problems that confront each individual appears different and to each person their own problem appears greater, but do you know that after having contacted tens of thousands of persons, I wish that they all follow very nearly the same path. I find every one of them originate from the same basic cause, that we have created a condition of inharmonious thought and we have personalized every little thing that comes into our life until we create a condition of inharmony which attracts a like condition into



our life and, therefore, we say this: that if one is to overcome and surmount those difficulties they must learn to walk through life unafraid and without allowing anything that comes to become personal to them. No matter how it seems to effect your personal life, inside of you it cannot touch you, it can only affect the external world. The internal world cannot be touched because that is God's world. That is the reason the ancients said that if man desired to commune with God that he had to make his mind still and calm and quiet like an untroubled, still pool in the forest. Only by so doing could he create a perfect mirror in which the divine light, the divine wisdom could reflect.



